

Hoola Hoop Workshop!

Saturday, March 13, 2010

1:00 to 4:00 p.m.

Pangborn Elementary School

195 Pangborn Blvd. • Hagerstown, Maryland

Cost: \$35.00

Hoola hoop workshop for all levels of experience. Come join us whether you have never hooped before or you are a seasoned hooper who wants to learn more. Learn the basics of hoopdance and how to incorporate them into a fun, fat burning, cardio, body sculpting workout. Whether you want to hoop for fitness or dance, this workshop will cover it all. We will provide hoops to use and will have hoops for sale.

Have fun and feel good all while strengthening and toning abs, lower back, glutes, thighs, hamstrings, arms, and upper body. Hooping is also a great way to improve your balance, coordination, and posture, and is an incredible confidence builder. One of the best parts about it is the sense of joy and accomplishment it brings.

Presented by:



HOOPS FOR FITNESS AND DANCE

THREE WAYS TO REGISTER!

Online: www.boomtownhoops.com

Phone: 540-664-7997

E-mail: boomtownhoops@gmail.com

Schedule a fitness workshop for your organization! We service the entire Washington, D.C., metro area: Virginia, Maryland, and West Virginia. Contact Melody Robinson at Boomtown Hoops for details (contact info above). View our Workshop Criteria online at www.boomtownhoops.com.

Visit our website for hoops, classes, bookings and performances, and more!